

**AMENDMENTS TO THE ABSTRACT**

Please substitute the following paragraph(s) for the abstract now appearing in the currently filed specification:

A mouthguard to protect an arch of a user includes an outer wall having a force absorbing inner layer, a force absorbing outer layer and a force transmitting layer positioned therebetween. An inner wall positioned opposite the outer wall, includes the force absorbing inner layer and force absorbing outer layer. A lower wall connects the outer and inner walls, and includes the force absorbing inner layer and the force absorbing outer layer. The outer, inner and lower walls form a U-shaped channel molded into the shape of the arch. The method of making the mouthguard includes the steps of casting a model of a user's arch, molding a force absorbing inner layer to the model, molding a force-transmitting layer over the force absorbing inner layer in a predetermined position, and molding a force absorbing outer layer over the force absorbing inner layer and force transmitting layer.